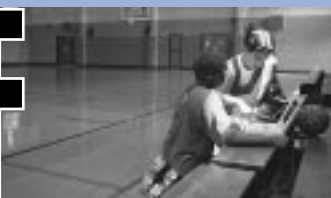


HERE'S PROOF



SMART Leaders

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Highly Acclaimed

Nationally recognized and endorsed by Boys & Girls Clubs of America (B&GCA) as a new component of SMART Moves, B&GCA's National Prevention Program.

Published in *Journal of Drug Education* (1995), *Family Relations* (1995), and *American Journal of Community Psychology* (1992).

Proven Results*

Relative to comparisons, participants experienced:

- **Decreased rates of alcohol, tobacco, marijuana, and illicit drug use**
- **Fewer perceived benefits of alcohol and marijuana use**
- **Increased knowledge of the health consequences and prevalence of alcohol, tobacco, and illicit drug use**

Target Domains

- ☒ Individual
- ☐ Family
- ☐ School
- ☒ Peer Group
- ☐ Community
- ☐ Society

Strategic Interventions

- Youth Leadership
- Peer Resistance Skills
- Youth Interpersonal Skills
- Youth Coping/Life Skills
- Resisting Media Pressures
- Youth Decision-Making Skills
- Alcohol/Drug Information

*Different tests focus on changes over time between treatment and comparison groups and are statistically significant ($p < .05$). All study findings are presented in the accompanying background document.

"taking prevention to the next level"

What Is the SMART Leaders Program?

SMART Leaders is a 2-year, sequential booster program for youth who have completed Stay SMART, a component of Boys & Girls Clubs of America's SMART Moves program. Evaluation results show the effectiveness of this multiyear approach in promoting refusal skills and creating drug-free peer leaders.

Who Can Benefit

SMART Leaders is designed for 14- to 17-year-olds who have completed Stay SMART (ages 13 to 15). Youth also may participate in Start SMART (ages 10 to 12), another component of SMART Moves, before taking part in Stay SMART. Target populations in the demonstration projects were African American, Hispanic, and White.

Suitable Settings

The SMART Leaders program, with other SMART Moves components, can be implemented in community-based youth organizations, recreation centers, and schools in collaboration with a local Boys & Girls Club. The demonstration projects were implemented in Boys & Girls Clubs, a number of which are in or adjacent to public housing projects.

Essential Components

Successful replication of the SMART Leaders model involves:

- Structured experiential and discussion sessions for youth; and
- Youth activities/outings.

How the Program Works

The SMART Leaders component consists of three parts:

- An educational curriculum focusing on self-esteem; coping with stress; and resisting pressures to use drugs and to engage in sexual activity.
- Peer leadership activities.
- Monthly youth activities.

What You Can Achieve

The SMART Leaders program is designed to achieve the following goals:

- Strengthen adolescents' resistance to alcohol, tobacco, and illicit drug use.
- Increase adolescents' knowledge of and negative attitudes toward alcohol, tobacco, and illicit drug use.
- Increase adolescents' knowledge of and negative attitudes toward alcohol, tobacco, and illicit drug use.

What You Need To Implement the SMART Leaders Program

Graduates of the Stay SMART Program (Part of B&GCA's SMART Moves Program)

An organization is required to collaborate with a Boys & Girls Club if one is available in or near the community and is able to participate. To locate the nearest Boys & Girls Club, call (800) 854-CLUB.

Committed and Enthusiastic Adult Program Leader

The program should have a SMART Leaders Program Leader (bachelor's degree preferred), who conducts the SMART Leaders curriculum and prevention involvement activities (5-10 hours/week).

Rooms, Equipment, and Supplies

The SMART Leaders program will need a room large enough to accommodate up to 15 youth. There should be funds for postage, phone, office supplies, awards for attendance and other incentives, and transportation to/from program sessions and activities. Access to a TV and VCR is essential.

How the SMART Leaders Program Can Help You

Training and Technical Assistance

Training for the SMART Leaders program (and the other components of SMART Moves) is available from B&GCA. Training sessions can accommodate 20 to 40 people trained in teams of four. Each team receives one copy of all program materials. Provisions for smaller groups can be worked out on an individual basis. For more information please contact the Director of Health and Life Skills at (404) 487-5766 or through e-mail at mcpuig@bgca.org.

Program Materials and Resources

The SMART Leaders program, containing a reusable 2-year curriculum and the other reusable SMART Moves components including Start SMART and Stay SMART, is available from Boys & Girls Club of America. Cost and ordering information can be obtained from Supply Services, Boys & Girls Clubs of America, 1230 West Peachtree Street, NW, Atlanta, GA 30309-3447; (404) 487-5701.

Staff to Youth Ratios

One Program Leader for a SMART Leaders group of 13 to 15 adolescents.

Implementation Timeline

Startup: Minimum 3 months for Stay SMART and 1 month for SMART Leaders

Because SMART Leaders is a booster program for Stay SMART, youth need to complete Stay SMART before they participate in SMART Leaders. Allow 3 months to:

- Arrange for and complete B&GCA's preservice training for the Stay SMART and SMART Leaders programs, and
- Recruit youth for Stay SMART.

Allow approximately 1 month to re-recruit youth who complete Stay SMART to participate in SMART Leaders.

Implementation: Minimum 4 months/year for 3 years (for one group of 15 youth to participate in Stay SMART, SMART Leaders I, and SMART Leaders II)

Implementing SMART Leaders requires the following time commitments:

SL I—about 5 to 7 hours/week for 5 weeks of 90-minute program and any makeup sessions.

SL I—about 3 to 4 hours/week for prevention involvement activities following small-group sessions.

SL II—about 5 to 7 hours/week for 4 weeks of 90-minute program and any makeup sessions.

SL II—about 3 to 4 hours/week for prevention involvement activities following small-group sessions.